

Alcatraz Island, CA - Nov 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:28	4.6	11:55 AM	6.1	5:48	3.1	6:55	-0.6	6:35	5:11	●
2	Mon	2:22	4.5	12:34	6.1	6:28	3.3	7:41	-0.6	6:36	5:10	●
3	Tue	3:21	4.4	1:20	5.9	7:15	3.5	8:35	-0.5	6:37	5:09	◐
4	Wed	4:25	4.4	2:16	5.7	8:18	3.6	9:35	-0.4	6:38	5:08	◑
5	Thu	5:27	4.5	3:25	5.4	9:45	3.5	10:39	-0.2	6:39	5:07	◑
6	Fri	6:20	4.7	4:46	5.0	11:20	3.2	11:42	0.0	6:40	5:06	◑
7	Sat	7:04	5.1	6:10	4.8			12:38	2.5	6:41	5:05	◑
8	Sun	7:43	5.4	7:30	4.8	12:39	0.3	1:40	1.7	6:42	5:04	◑
9	Mon	8:19	5.9	8:44	4.8	1:30	0.6	2:34	0.8	6:43	5:03	◑
10	Tue	8:54	6.3	9:51	4.9	2:17	1.1	3:23	0.0	6:44	5:02	○
11	Wed	9:29	6.6	10:53	4.9	3:02	1.6	4:09	-0.6	6:45	5:01	○
12	Thu	10:04	6.7	11:51	5.0	3:46	2.0	4:53	-1.0	6:46	5:00	○
13	Fri	10:41	6.8			4:30	2.5	5:37	-1.2	6:47	5:00	○
14	Sat	12:47	5.0	11:19 AM	6.7	5:16	2.9	6:21	-1.2	6:48	4:59	○
15	Sun	1:42	4.9	11:59 AM	6.4	6:04	3.2	7:06	-1.0	6:49	4:58	○
16	Mon	2:36	4.8	12:41	6.1	6:55	3.4	7:52	-0.7	6:51	4:57	○
17	Tue	3:32	4.7	1:27	5.7	7:53	3.5	8:42	-0.3	6:52	4:57	○
18	Wed	4:28	4.7	2:17	5.2	9:01	3.5	9:34	0.0	6:53	4:56	○
19	Thu	5:21	4.7	3:15	4.8	10:19	3.3	10:28	0.4	6:54	4:55	○
20	Fri	6:09	4.7	4:23	4.4	11:34	3.0	11:22	0.7	6:55	4:55	○
21	Sat	6:48	4.9	5:40	4.0			12:39	2.5	6:56	4:54	◐
22	Sun	7:20	5.1	6:59	3.9	12:12	1.1	1:33	2.0	6:57	4:54	◐
23	Mon	7:48	5.3	8:12	3.9	12:57	1.4	2:18	1.4	6:58	4:53	◐
24	Tue	8:15	5.6	9:16	4.0	1:38	1.8	2:58	0.8	6:59	4:53	◐
25	Wed	8:42	5.8	10:13	4.2	2:17	2.2	3:33	0.3	7:00	4:52	◑
26	Thu	9:11	6.1	11:05	4.4	2:54	2.5	4:08	-0.2	7:01	4:52	◑
27	Fri	9:42	6.2	11:54	4.5	3:31	2.8	4:43	-0.6	7:02	4:52	◑
28	Sat	10:16	6.4			4:09	3.1	5:20	-0.9	7:03	4:51	◑
29	Sun	12:41	4.6	10:54 AM	6.5	4:49	3.3	6:00	-1.1	7:04	4:51	●
30	Mon	1:28	4.7	11:35 AM	6.5	5:32	3.4	6:43	-1.2	7:05	4:51	●